The Kings Hedges Community News

Winter 2008

Well what a busy year its been in our community and how lucky we are to have local people who give up their spare time for the benefit of others. This year the partnership has organised a wide range of courses for the whole community; family activities and of course this newsletter and by the time you read this article preparations for our childrens pantomime in January will be well under way. If you have benefited from any of the courses or enjoyed the many activities then why not consider getting involved in the partnership and work with others to make a difference.

The annual carnival in June proved to be a great community event and the preparations for the 2009 event are already under way. It's not too late to join in with helping the organisation of this carnival and the committee will welcome any support you can give.

The Arbury Community Centre continues to provide more activities. The centre is run by local residents who give their time free of charge and the

centre has to raise its own funds. Contrary to popular belief the centre is not run by the city council and is a shining example of what local people can achieve when they work together.

Do you or any members of your family attend local events or organisations which are volunteer led? Imagine how dull life would be if these local groups and events disappeared because of lack of volunteers. Do you have a skill or interest which you could share or use for the benefit of the community, or do you have some spare time to use?

Please give some serious thought to volunteering and if you can contact us at the partnership and we will link you up with organisations that need your help.

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Number 37, 37 Lawrence Way (next to Campkin Road Shops)
Kings Hedges, Cambridge CB4 2PR
Tel/Fax 01223 508197 email: marie.khnp@virgin.net

Arbury Community Centre News

The Grovebury Ladies

The Grovebury Ladies recently celebrated their 45th Anniversary. The group first met in the Grove school in November 1963, hence the 'Grove' part of their name. They moved to the Arbury Community Centre a few years later.

The Anniversary party included entertainment by John Woodhouse with his tribute act to 60s singers, followed by a buffet where a celebration cake was cut.

The Grovebury Ladies meet on Tuesday evenings, between 8 and 10pm at Arbury Community Centre.

There is a full programme of speakers, demonstrations, trips, meals out and other events.

Women of all ages are very welcome to attend. Please contact Audrey Brett (Chairperson) on 01223 425415, Brenda Whiting 01223 366267 or Lesley Guebert 01223 473142 for further information.

You are warmly invited to the

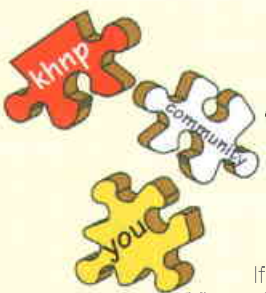
Christmas Carol Service and Torch Light Procession

on Sunday 21st December 2008.

We will gather for the procession at 6pm outside Arbury Community Centre and wind our way through the estate by torch light for a Carol Service at the Church of the Good Shepherd. You are welcome to stay after the service for mulled wine and mince pies.

Hope to see you there,
from all at
The Good Shepherd, Arbury Community Church and City Life Church.

Kings Hedges Neighbourhood Partnership invites you to their:



AGM

Tuesday 6th January 2009 @ 7 pm
Arbury Community Centre Small Hall

Refreshments will be provided

Come and join us for our AGM –
Find out what we do and how we do it
and how you could be a part of it!

If you are interested in being a member of Kings Hedges Neighbourhood Partnership and getting involved with local events and projects, then come along on the night or contact Marie Cassidy for further details

At the AGM we will be celebrating the successes of the participants that have taken part in our many courses over the last year!

For more information contact Marie Cassidy on 01223 508197 or call into No 37 Lawrence Way

News from No 37

Firstly We wish you a very Healthy and Happy Christmas and New Year!

Coming Soon!

The Language courses that we have run over the last year proved extremely popular. We are looking to start some more February time so look out in the next newsletter for further details.

Crochet classes at No 37

These classes have been really popular and it was great during half term when the course participants brought their children along to join in!

We will be running another course early next year. To register your interest contact Marie Cassidy on 01223 508197

The latest news from the catwalks is that Crochet is going to be big news next Spring and Summer!

First Aid Course by Popular Demand!

Saturday 21st February 2009
9.30am - 4.40 pm

- Arbury Community Centre Small Hall
- Costs just **£5** this includes First Aid book, Certificate and Refreshments (you need to bring your own lunch)
- For anyone that wants knowledge for the home or who wants to be an appointed person in the workplace.
- **Places are limited so book early to avoid disappointment!**
- Call Marie Cassidy on **01223 508197** or call into No 37 Lawrence Way

Congratulations

Congratulations to Bette Burchell and Mary Denny who both recently won 'A Good Neighbour Award' from The City Council at a recent tenants event held in Trumpington. Mary said 'It was quite a surprise and we enjoyed the day out'.

Everyone at No 37 are very proud of Bette and Mary, as they are members of Kings Hedges Neighbourhood Partnership!

What's on at The Meadows

Our Tea dances for 2009 are:
16th January - Chris Booth
30th January - Les Allitt
13th February - Leigh Murfet
27th February - Mary Cubley
13th March - David Last
27th March - Mary Cubley

It costs £3.20 entrance and for that you get a cup of tea and a biscuit and a free draw ticket!

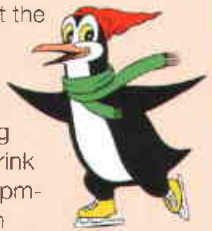
Our Christmas menu will be available between 2nd December 08 and 19th December 08 (inc) Telephone Kevin on 01223 508113 for advance bookings.

The Children and Family wing have two Family Support drop ins each week. Tuesdays 9.30-12.30 pm and Fridays 9.30-12 noon

They also run two after school clubs on Mondays (5-8yrs) 3.45pm-5.30pm And Tuesdays (8-11yrs) 3.45pm-5.30pm.

For more information about the drop ins or the after school club, please ring Lynn Tumber on 01223 508144

Skating on Ice!



Christmas is coming at the Grove School in Campkin Road. For one night only we will be bringing you skating on ice! Our festive ice rink will be open from 3.30pm-8.30pm on Friday 12th December 2008. Tickets are £4 per person for a half hour session, and will be available in advance from the Grove School office or on the day.

Come along and enjoy the skating BBQ and hot chocolate for a fun, festive evening!

A little message from Ella and Amber at Cambridge City Barbers (Arbury Court), just to say Merry Christmas to all our customers and thank you for the support over the last 18 months.

Christmas opening hours:-

Tue	23rd	Dec	9am - 5.30pm
Wed	24th	Dec	9am - 2pm
Thu	25th	Dec	CLOSED
Fri	26th	Dec	CLOSED
Sat	27th	Dec	9am - 1pm
Mon	29th	Dec	CLOSED
Tue	30th	Dec	9am - 3pm
Wed	31st	Jan	9am - 2pm
Thu	1st	Jan	CLOSED
Fri	2nd	Jan	CLOSED
Sat	3rd	Jan	9am - 3pm

Our hours will resume as normal from Tue 6th Jan.

Have a fab christmas and new year.

Buchan Street Neighbourhood Centre ~ A Healthy Living Centre

Events...

The Pumpkin Party ~ October 31st 2008 ~ 6 - 8 p.m.

Was, once again, FANTASTIC! The evening was lots of fun, especially for the younger children. Tickets always sell fast and we were sold out three weeks before the event. Thanks to all who came along and filled in one of our compliment slips, some of which are now on the wall at Buchan Street Neighbourhood Centre.

The Christmas Event...

Following the questionnaire we did with the families that use Buchan Street Neighbourhood Centre, we are having a family Christmas party on...

TUESDAY 23RD DECEMBER

From 3.30—5.30 p.m

Disco, games, prizes and lots of fun for all the family with...

JezO's Magic and Minstar Disco

With Face painting included!

Refreshments will be **ON SALE** at a very reasonable cost.

Santa will be here to say hello on the way out.

Tickets on Sale from 5th December

£2 per child and £1 per adult

Classes and walks which will help to get you and keep you fit!....

New Year for a lot of people is a time to make a new commitment to health, or losing weight, getting fit or just getting more involved and being more sociable. Why not take advantage of that good feeling and resolve and sign up for something new?

Freestyle Korean Karate

A great way to get fit! Ian Davies has been running karate classes here at Buchan Street Neighbourhood Centre for so many years, we have lost count. He doesn't make any money from the classes as he charges so little ~ he and his team do it for the joy of teaching.

Classes are for over 8's only and cost £2 for children and £3.50 for adults. Classes are on Thursdays from 7 – 8 for children and 7 – 9 for adults or Saturday mornings 10 – 11 for children or 11 – 1 for adults.

Ring Ian on 07712 444 121 or email on Cambridge_freestyle@yahoo.co.uk or visit http://uk.geocities.com/cambridge_freestyle.

Belly Dancing

The Buchan Street Belly Dancers next term dates are; Jan 13th, 20th, 27th and February 3rd and 10th. Classes run in five week blocks and cost only £17.50 per block, payable in advance. Belly dancing is a female only fun class, no experience necessary! Classes are at Buchan Street Neighbourhood Centre on Tuesdays from 7 p.m. until 8.15 p.m. Ring us on tel 508149 to ask for more information or to get your booking form.

Walks....

The Time Travel Trek is a partnership developed between Community Development and the Fitzwilliam Museum. We meet outside Boots (opposite M&S) at 10.15 a.m. and have a stroll through a part of historic Cambridge to the museum, where we stop for refreshments before being taken on a themed guided walk and talk around the museum. Our last walk of this year will be on December 4th and will be themed 'festive imagery'. We have also had an offer of a guide for our walk in December, which we are hoping will add to the fun. Places are limited and must be booked in advance on tel 508149 to book your place.

The Kings Hedges Meander leaves from the shops on Campkin Road. We walk for about 30 – 40 minutes and end with a cuppa and biscuit. Dates for the start of the year are; January 8th & 22nd, February 5th & 19th.

The walk and talk is a local walk, which includes a quiz and Lunch. The next walk and talk will be on March 5th and will leave the Arbury Community Centre at 10.45 a.m. The quiz is observational and done on route and we have a little prize for our top scorer. Lunch is at Buchan Street Neighbourhood Centre and is a lovely social occasion as well as a nice tasty treat!

If you want to join us, book your FREE place by ringing Buchan Street Neighbourhood Centre on 508149.

Winter Warmers...

As winter settles in and it gets colder, if you are generally at home in the day, the bills for heating, lighting and running the TV takes up quite a lot of your budget. Everyone is talking about the credit crunch and how prices are going up and there's not as much money coming into household budgets.

One of the things we're working on is making community centres more welcoming for people to be able to come in and find something to do that is cheap or free, so people can socialise and keep the cost of their own bills down a little.

At Buchan Street Neighbourhood Centre we will be starting a regular session on Tuesday mornings from 10.30 a.m. until 12.30 p.m. We're hoping that the people who come will let us know what they want from the sessions... we can do lunches, have speakers, have the people who come take session sharing skills... the list is endless!

We start on Tuesday 13th January and we'll be offering food and refreshments that first day along with chance for you to chat to us about what you would like to see happen at the following sessions.

Come along! Meet new people and take part in setting the direction of a new and fun venture that will be open to everyone.

Telephone us on 01223 508149 for further information or just come along on the day!

Broaden Your Horizons ~ Over 55's News and Events

Events...

The cultural event on Thursday October 16th was an event for over 55's and was our contribution to the Cambridgeshire Celebrates Age programme. The event was opened with a film, which was made throughout last year called 'our stories'. The film featured people who live locally, but who where born in a diverse range of places and countries and was about their experiences of growing older in Cambridge.

Groups and individuals who originated from Cambridge, The Caribbean, Bangladesh and India gave presentations about their culture. The afternoon event also included some fabulous food, prepared by the different groups as well as displays, music, dancing and a lot of fun mingling and sharing experiences.

We hope to expand the event next year to include new groups. News will go into the KHNP community news and the Cambridgeshire Celebrates Age programme next year.

'Sing-a-long Christmas' from 12.30 ~ 3.30 p.m on December 18th.

With 'Frank Mann the music man' offering a range of carols and festive music for everyone to join in with. There will be a lovely afternoon tea and a bit of dancing for the more adventurous. If you fancy a glass of wine or a beer you can bring your own. Tickets will go on sale in November from Binnie on 508149 or from Mary Denny or Jean Samson for those who know them and will be £2 each.

Trips...

We will be going on our annual Spring trip sometime in March. We are still deciding where to go, but it will be a dual visit with a visit in the morning to one location and the coast in the afternoon, probably Sheringham.
Tickets will be on sale by the end of February and will be available from Mary Denny of the KHNP, Jean Samson at the NQOTHC and from Binnie at Buchan Street Neighbourhood Centre on tel 508149.

Arbury Court Christmas Tree event

(Organised by Kings Hedges Neighbourhood Partnership with Cambridge City Council and Arbury Court Traders)

Tuesday 9th December 2008 4-5.30 pm

Come along to Arbury Court for some festive fun!!
Join in with the local schools and churches
singing carols, face painting for the children,
enjoy some 'Christmas refreshments'.

There will also be a visit from Santa
and of course the lighting of the tree!

For more information
or if you want to get involved with this
event contact Marie Cassidy on 01223 508197
or Alan Soer on 01223 712038

Kings Hedges Neighbourhood Partnership

Dick Whittington

(Performed by Chaplin's Touring Pantomime Troup)

Saturday 17th January 2009
At Arbury Community Centre
Doors open 2.30 pm
Performance starts at 3.00 pm

Tickets
Adults £5.00 • Children £3.00

Tickets on sale from 6th November
There will be no ticket sales on the door
Tickets can be obtained from
No 37 Lawrence Way-Monday
to Thursday mornings

Call Marie on 01223 508197
for more details

Ambabys Christmas Trip

(Adults must be accompanied by youngsters)

Saturday 13th December 2008
Depart Campkin Road Shops at 8.30 am
Depart London at 5 pm

Come and join us for a festive Trip to London
FUN for all the family!
Check out the free tourist sights or do a spot
of last minute shopping!

We will stop at the Olympic village site on the way to London. We will then be dropped off outside the National Gallery. We will return via Regent Street and Buckingham Palace so we can view the Christmas lights

Adults £3
Children £2
(All Children need a seat-no children or babies on laps)
Tickets on sale from No 37 Lawrence Way

For more information contact
Marie Cassidy on 01223 508197

'Not Quite Over The Hill Club'

Welcome to all our over 55 readers!

Hello again to all!!

Well by the time this issue goes out we will be well on our way to Christmas! Hasn't this year gone quickly?

I would like firstly to thank all of you for the support you have given me since I became Chairperson, you've been great.

Hope you all enjoyed the Harvest Lunch, thanks again to everyone who helped prepare it.

You were all singing along to the music. The 'Not Quite Over The Hill' choir, how does that sound??

Most of us at times, have been heard to say 'Oh I'm getting old, or I feel old!'

But I certainly did when a dear little soul said to me the other day 'Did they have buses when you were little' lady?

How about that for making you feel ancient!

There will be several more events before Christmas, at the club and in the community. So feel free to join us at Arbury Court for carols etc. The Pantomime is coming in January join us-it's great!

There are a few things in life that are free, but a smile and a cheery hello cost nothing. So I for one will continue to do this, even if it is rejected. But I love your hellos and your smiles, so continue please-they cheer me up when I'm low.

Well enough of that. Enjoy your Christmas, don't eat too much ha ha!

I wish you my friends a Happy Christmas and a Happy New Year

God Bless you all!
Bette Burchell

Kidz Page

How about making a present this year instead of buying one! These treats look great and taste great! Remember to ask permission from your Parent/ carer before you start to cook!

Mini Christmas Puddings

Ingredients

15	Digestive biscuits
150g	Plain Chocolate
50g	Butter
3	Tablespoons of Golden Syrup
6	Glace cherries
30g	Raisins
	Yellow, Green and red ready to roll icing to decorate

1. Put the biscuits into a strong plastic bag and bash them with a rolling pin until they look like breadcrumbs.
2. Melt the chocolate, butter and syrup together in a bowl over a pan of gently simmering water.
3. Pour the chocolate mixture into a bowl and stir in the biscuits crumbs, cherries and raisins.
4. Form the mixture into small balls and put them on a plate in the fridge to set for half an hour or so.
5. Decorate the tops using yellow ready to roll icing to make the custard, green to make the holly shapes and red to make the berries.
6. Enjoy-Don't forget to leave one out for Father Christmas !

News from your local police team

BURGLARIES

It is at this time of the year when the amount of burglaries that happen generally increase. Most burglaries are committed by opportunist thieves - in one quarter of all burglaries committed, intelligence tell us they don't have to use force as they get in through an open door or window.

So please take simple precautions:

- Lock windows and doors when you go out or last thing before going to bed or even if you are only stepping next door or out in the garden.
- Use timer switches at all times on lamps or radios or televisions - give the impression that someone is at home, even if no-one is.
- Do not leave large amounts of cash around your home, or have your laptop / Christmas presents / any valuables on display near a window.
- Register your property on the Immobilise website - www.immobilise.com

This is a free service where you can register anything that has a serial number on it, such as bicycles, laptops, MP3 players, mobile phones, power tools, etc.

Look at your house through a burglar's eyes

- Is your fence too low at the back of the garden?
- Is there an easy access at the side of your house?
- Do you need to fit a side gate?
- Is the gate too low?

If you want any further crime prevention advice, please do get in touch and we will be happy to help.

We are out and about in the area, so please say hello. Please remain vigilant and report any suspicious behaviour. If you wish to do this anonymously, you can by calling Crimestoppers on 0800 555 111.

Trouble with Neighbours or others?

Cambridge Community Mediation Service can help if you have a problem with a neighbour, a colleague at work or if your teenage child is threatening to leave or has left home.

The service is
FREE, CONFIDENTIAL AND LOCAL

Pauline Grounds from the Mediation Service will be holding a 'Drop in' at No 37 Lawrence Way Community House on the first Thursday of the month and at Buchan Street Neighbourhood Centre on the 3rd Wednesday of the month.

Come and find out how mediation works or have a private consultation if you have a particular problem.

Thursdays at No 37
4th December 1-3 pm
8th January 2009 1-3 pm

Wednesdays at Buchan Street
17th December 3.30-5.30 pm
21st January 2009 3.30-5.30 pm

The aims of the Kings Hedges Neighbourhood Partnership are

To act as an umbrella organisation, bringing together all community groups and agencies operating in Kings Hedges. To improve facilities, encourage self-help and involvement. Increase community spirit and act as a campaigning voice for the whole area.

If you would like to advertise or contribute to the Community News, the deadline for the next issue is 2nd February 2009.

News from Budgens

Pennies for plastic

Launched 5th November 2008

Around 13 billion plastic bags are given free to UK shoppers every year!

For every plastic bag not used by a customer, Dee's Budgens of Arbury Court will donate 1p to good causes within the Arbury Community as well as reducing the stores carbon footprint and protecting the environment.

Every quarter a cheque will be presented to the Arbury Community Association for the benefit of all areas of the Arbury Community Centre.

If you have any Questions about Pennies for Plastic call into Budgens and Brian the Store Manager will be happy to explain!

From 25th November there will be a **Battery recycling container** located in Budgens. The only one in the North of the city. This will enable the Community to recycle even more! It will take all AAA and AA batteries, Sizes C and D, watch batteries, mobile phone batteries, laptop batteries and rechargeable batteries.

For more information on battery recycling contact 01223 458282

Budgens Bundle

Dee's Budgens of Arbury Court would like to give the 'Budgens Bundle' to a local group or organisation completely free of charge!

What is the Budgens Bundle?
A hamper to the value of £20 worth of Budgens products including a combination of tea, coffee, biscuits and cake etc.

What do I have to do?
Application forms can be found in Budgens. We will be giving away three Bundles every month to the most deserving groups or organisation. There will be 1st, 2nd and 3rd prizes of £20, £15 and £10 worth of products.

For more information contact Brian Moorey Store Manager.

Useful Numbers

No 37 Lawrence Way
01223 508197/508151

Neighbourhood Community Development Team
Sally Roden **01223 517523**
Binnie Pickard **01223 508149**

Housing North Arbury Road Office
Repairs Free phone
0800 731 5274
Rents Free phone
0800 731 4878

City Rangers
01223 458043

Anti Social Behaviour Team
01223 457950

Arbury Community Centre
01223 712038

Buchan Street Neighbourhood Centre
01223 508149

Kings Hedges Learner Pool
01223 353248
01223 508140

Dear Friends

Wishing you a very Happy Christmas and may 2009 be as good!

Kings Hedges Neighbourhood Partnership, Buchan Street Centre, Meadows and Arbury Community Centre. Thank you to all staff for once again keeping us busy with meetings, events, tea and lunches, outings and laughter!

Life is great on Kings Hedges, we may all have a grumble (me too!) but then life is for living, so please join us! They are nice and always ready with kind words and a pot of tea!

So enjoy and take care
Mary Denny

Emergency Numbers

Emergency Gas
0800 111999

Emergency Power
0800 783 8838

Emergency Water
01223 403000

GP (Camdoc) out of hours
01223 464242

Addenbrooke's Switchboard
01223 245151

Rosie Maternity
01223 217617

Cambridgeshire County Council Switchboard
01223 717111

Cambridge City Council
01223 457000

Cambridge City Council Out of Hours
01223 457457

Stagecoach
01223 423578

National Rail enquiries
08457 484950

Samaritans
08457 909090

Childline
0800 1111

CAMBRIDGE CITY COUNCIL Community Development

The Kings Hedges Neighbourhood Partnership is sponsored by Cambridge City Council Community Development Department.